

SPORTS & FITNESS

B SECTION

On Post

Youth Basketball, Cheerleading

Youth basketball and cheerleading registration is now underway, and ends Dec. 3 or when teams are full.

Register for teams Monday through Friday from 8 a.m. to 6 p.m. at Child and Youth Services, Building 443.

Registration is open and free to CYS members. Basketball is open to ages 5 through 18, and cheerleading is open to ages 6 through 13.

Uniforms will be provided by CYS.

Newman Consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling.

For more information, call 767-2771.

Tae Kwon Do Classes

Tae Kwon Do will be offered at the Hunter ACS building Tuesdays and Thursdays from 6 p.m. to 7 p.m.

Sports USA Events

Weekly events — Monday Night Football, 4 p.m., Thirsty Thursdays drink specials, 4 p.m. to 12 a.m. Friday, Top 40/R&B DJ, 9 p.m. to 3 a.m. Saturday College football/ NASCAR, open to 4 a.m., Sunday Ticket Football, NASCAR.

Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

Basketball

Intramural basketball season starts Dec. 6. Units should submit a memo to the Fort Stewart Sports Office Bldg. 471, and Hunter to Bldg. 925.

Deadline is Nov. 22, 4 p.m. For more information call 767-8238 or 352-6749.

Turkey Trot 5K Walk/Run

The 1st Annual Hunter AAF Turkey Trot 5K Walk/Run is scheduled for Saturday, Nov. 20 at 9 a.m. at Hanger 7901 (N. Lightning Rd next to the Coast Guard Air Station).

Packet pick-up and registration begins Nov. 19, at the 2-3 Aviation Battalion Headquarters, 4 to 7 p.m., or register early online at www.active.com. Cost is \$15 prior to Nov. 19, \$20 on Race Day.

Off Post

PT Alert

Units can schedule a PT session with a YMCA aerobics or kick boxing instructor at either Fort Stewart or our Hinesville facility.

There is no charge for this service.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.



Spc. Jonathan M. Stack

Robert Adams sprints for the finish line as he passes two other runners to cross first. The Fort Stewart men's team finished 16th out of 59 teams.

Stewart runs through the nation's capital

Spc. Jonathan M. Stack

50th PAD

WASHINGTON - More than 16,000 military and civilian runners from around the globe participated in the 20th Annual Army 10-Miler Oct. 24 in Washington.

"Running by the Nations Capitol and the Washington Monument reminded me of the freedom that I am fighting for and motivated me to run faster," said Robert Adams, Fort Stewart ten-miler team member.

Fort Stewart's men's team placed 16th out of 59 teams and the women's team placed 10th out of 17 teams.

Fort Carson Men's A Team took first place in both the overall and active military men's.

In the overall active military women's division, Fort Bragg Women took first place. Second place went to the Eighth Army Korea Women's team.

"I performed well throughout the whole race," Adams said. "I ran a consistent pace and had a strong finish and the sounds of the crowd motivated me to sprint the last 100 meters across the finish line."

Three-time winner Dan Browne, a member of the Oregon National Guard and an Olympic long-distance runner, broke through a race ribbon held by Army Chief of Staff Gen. Peter Schoomaker 47 minutes and 29 seconds after starting the race.

Browne set a pace of 4:45 per mile to beat the race record he set in 1997 of 47:44. He also ran the 10-miler in 1998, claiming first place with a time of 48:52.

Among women runners, Casey Smith of Arlington took first this year with a time of 57:26. This is Smith's second top finish; she won in the women's division in 2002 with a time of 58:21. Susan Malloy set the women's record in 1995 at 56:20.

Spectators swarmed the course cheering and motivating the runners as they made their way around the streets of the Nations capital.

"On longer runs, I concentrated on keeping a good pace," Adams said. "On shorter runs, I concentrated on speed."

The run helps link the post together by different units getting together and competing, said Judith Robinson, a Stewart 10-miler team member.

The final team was made after the last try out at Stewart in August, but due to deployments to the Joint Readiness Training Center and field exercises, the team members had to practice on their own.

The Army Ten-Miler kicked off the annual Association of United States Army convention held in Washington.

Editor's Note: Sgt. Lorie Jewell contributed to this article.

Fort Stewart Men
Juan Carlos Hernandez
1:02:21
Robert Adams
1:02:43
Michael Lacy
1:07:26
Troy Meyer
1:08:58
Kent Smith
1:13:49
Justin Kaetlel
1:14:17
Fort Stewart Women
Emily Brzozowski
1:03:18
Tracy Perfors
1:14:31
Nadine Terese
1:18:57
Judith Robinson
1:23:12
Ruthie Levy
1:25:42
Trista Mustaine
1:26:19



Sgt. Lorie Jewell

Spc. Harvey Naranjo carries a back-up prosthetic leg for Marine Cpl. Dan Lasko as the pair pushed it out to cross the finish line of the Army Ten-Miler with a time of 2:18.

True grit keeps amputees on the run

Sgt. Lorie Jewell

Army News Service

WASHINGTON — They didn't take home any top awards in the Army Ten-Miler, but the performances of service members who lost limbs in Afghanistan and Iraq was, to many, nothing short of heroic.

Army Capt. David Rozelle, who lost part of his right leg below the knee in a June 2003 land mine explosion in Hit, Iraq, spearheaded the effort to put together a team of amputees from Walter Reed Army Medical Center for the Oct. 24 race, a kickoff to the annual Association of the United States Army meeting.

Dubbed the "Missing (Parts) In Action team — Some Assembly Required" — the group included Staff Sgt. Andrew McCaffrey, Sgt. Ethan Payton, Marine Cpl. Dan Lasko, Navy Corpsman Jose Ramos and Airman 1st Class Anthony Pizzifred. Also running on the team was Lt. Col. Barbara Springer, chief of physical therapy; Capt. Matt Sherer, a physical therapist; and Spc. Harvey Naranjo, a certified occupational therapist assistant.

"It's important for people to see amputees recovered and back in action," Rozelle said prior to the race start, adding he had no doubts that each would make it across the finish line. The same steely mettle that helped steer them off the battlefield after suffering horrific injuries will carry them through the 10-mile route, Rozelle said.

"It's guts, nothing but guts. Some may walk, but that's okay. What matters is that they will finish," he said.

Rozelle, who served as team captain, has been relentless in not letting his injury prevent him from being the best Soldier he can be. He commanded a cavalry troop from Fort Carson in Iraq; after a medical board cleared him to remain on active duty earlier this year, he took command of a 3rd Armored Cavalry Regiment headquarters troop. He's been alerted that he'll be deployed again to Iraq next year.

An expert skier, Rozelle hit the slopes again in December for a Disabled Sports USA ski clinic. In April, he participated in the National Disabled Veterans Winter Sports Clinic, put on by the Veterans Administration and Disabled American Veterans. With his prosthetic running leg, he completed a June Hope & Possibility 5-Miler in Central Park with several other Soldiers and service members from Walter Reed. And just a couple weeks ago, he finished a marathon — a one-mile swim, 25 miles on a bike and a six-mile run. He plans on running in the New York City marathon this month.

More than 6,000 runners trekked across the Army Ten-Miler finish line in wet, cold weather. Rozelle predicted a 10-minute mile pace and came in just under that, at one hour, 38 minutes — not far behind

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Soldiers take gold, bronze in international boxing championships

Tanja Linton
Army News Service

FORT HUACHUCA, Ariz. — Team USA filled their coffers with precious metal of three different varieties — claiming gold, silver and bronze medals at the final day of the 48th annual Conseil International du Sport Militaire world military boxing championships Saturday at Fort Huachuca, Ariz.

It was the first time in recent memory that a U.S. boxer had earned a medal of any color in the CISM boxing championships.

Army 2nd Lt. Boyd Melson of Fort Carson, Colo., took the gold in the 69-kilogram weight class in front of a cheering crowd that included his father at Huachuca's Barnes Field House. Melson

outpointed Uzbekistan's Elshod Rasulov, 20-14, to win the championship. Marine Corps Sgt. Eric Canales, of Camp LeJeune, N.C., took on Dilshod Mahnudov of Uzbekistan in the 64-kg weight class. Canales lost on points, 33-18, leaving him with the silver medal.

Army Sgt. Miguel Albares lost his 54-kg bout in the semi-finals Oct. 28, but still brought home a bronze medal.

The last day of boxing included the second knockout of the championships from Robert Kramberger of Slovenia. The championship closed when the CISM flag was lowered and handed to the South African delegation, which will host the 49th annual CISM boxing championship in 2005.

Listed below are the final results of the 48th annual CISM boxing championships		
48-kg class		
Gold: Vitalya Volkov, Ukraine	Silver: Eric Canales, United States	
Silver: Bouchtouk Redouane, Morocco	Bronze: Nafil Hicham, Morocco; Harun Sipahi, Germany	
69-kg class		
Gold: Boyd Melson, United States	Silver: Maxat Baktybazarov, Kazakhstan	
Bronze: Ait Hammi Miloud, Morocco; Vyacheslav Kusov, Ukraine		
75-kg class		
Gold: Sherzod Abdurahmonov, Uzbekistan	Silver: Maxat Baktybazarov, Kazakhstan	
Bronze: Andrea Di Luisa, Italy; Donatas Bondorovas, Lithuania		
81-kg class		
Gold: Robert Kramberger, Slovenia	Silver: Antonio Brillantino, Italy	
Bronze: Andrej Laus, Lithuania; Tino Gross, Germany		
91-kg class		
Gold: Clemente Russo, Italy	Silver: Ovidiu Chereches, Romania	
Bronze: Zhenis Taumurinov, Kazakhstan; Azizjon Rahnonov, Uzbekistan		
91+ -kg class		
Gold: Roberto Cammarele, Italy	Silver: Steffan Kretschmann, Germany	
Bronze: Jasur Matchanov, Uzbekistan		
51-kg class		
Gold: Meirzhan Rakhimzhanov, Kazakhstan		
Silver: Kamron Kosimov, Uzbekistan		
Bronze: Hakan Pasaoglu, Turkey; Oreksiy Dzhunkivskyy, Ukraine		
54-kg class		
Gold: Tulashboy Doniydrov, Uzbekistan		
Silver: Maksym Tretiak, Ukraine		
Bronze: Miguel Albares, United States; Almaz Asanov, Kazakhstan		
57-kg class		
Gold: Pasquale Bennardino, Italy		
Silver: Bekzod Hidirov, Uzbekistan		
Bronze: Andreas Propp, Germany; Esteban Garcia-Comorera, Belgium		
60-kg class		
Gold: Serik Sapiyev, Kazakhstan		
Silver: Sergej Hann, Germany		
Bronze: Valdimir Matreichuk, Ukraine; Ulugbek Buribaev, Uzbekistan		
64-kg class		
Gold: Dilshod Mahnudov, Uzbekistan		

GRIT

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McCaffrey and Payton, both of whom ran without their prosthetic arms. McCaffrey finished in 1:34; Payton, 1:35. Ramos, who also left his prosthetic arm behind, came in with a time of 2:04.

"I finished, that's all I wanted to do," said Ramos, who lost his left hand to a rocket-propelled grenade while patrolling with Marines near Fallujah a couple of months ago.

The race was even tougher for Lasko and Pizzifred, who picked up their running prosthetics two

days before the race. With no time to try them out and get any needed adjustments, they ran cold turkey.

Sherer ran with a backpack carrying the pair's prosthetic walking legs, backups in case the running legs caused too much pain. He buddied up with Pizzifred, while Naranjo ran with Lasko.

Naranjo came across the finish line carrying Lasko's prosthetic, yelling encouragement for the last 100 yards or so to Lasko, who pushed himself into a sprint for a

2:18 finish.

Despite some pre-race worries about getting traction on the wet pavement, Lasko said he didn't experience any major problem along the course.

"I was a little sore," he admitted, smiling. The longest distance he had run on a prosthetic before the Ten-Miler was five miles, he added. Like Rozelle, Lasko participated in the Hope & Possibility run in Central Park several months ago.

Naranjo had nothing but praise for his run buddy. The new

prosthetic rubbed Lasko in the wrong ways quite a bit through the run, Naranjo said.

"Here's a guy who some months ago was laying in a hospital bed, wondering if he'd ever be able to walk again," Naranjo said. "And look at what he just did. He's my hero. These guys are what make me get up in the morning and do what I have to do. I see people everyday overcoming much greater challenges than I have."

Sherer was equally complimentary about Pizzifred, who

started feeling pain from the new prosthetic almost from the start. The pair finished with a time of 2:44.

"It was really impressive to watch them run through the pain," said Sherer. "I'll tell you, it's an honor to be associated with these guys. They've given, and they continue to give."

Sherer and others hope to see the MPIA team continue to revisit the Ten-Miler in the years to come. He just hopes future teams will be filled with alumni and short on newly-injured Soldiers.

Marne Scoreboard		
2004 Hunter Intramural Flag Football		
Team	Won	Lost
HHSC, 693rd Avn.	8	2
D Co., 1/58th Avn.	6	3
224th MI	5	5
HHC, 2/3rd Avn.	5	5
B. Co., 603rd Avn.	4	7
3/160th SOAR	2	8

Youth Scoreboard		
2004 CAA Football League		
7-8 Mini League		
Team	Won	Lost
Mini-Steelers	4	2
9-10 Pee-Wee League		
Team	Won	Lost
Broncos	4	2
Raiders	1	5
11-12 Midget League		
Team	Won	Lost
Steelers	4	2
Buccaneers	1	5

2004 Soccer League		
7-9 Mite League		
Team	Won	Lost
Fusion	6	2
Fire	5	3
Wizards	3	5
United	2	6
10-13 Midget/Junior League		
Team	Won	Lost
M-Stars	6	0
Wizards	4	3
Fire	3	4
United	2	4
Galaxy	1	5